Little Forest

リトル・フォレスト

11th dish

Mizu (Uwabamiso)

T/L Note: Uwabamiso is a type of Japanese nettle, "Elatostema umbellatum".

TAP

And for that reason there is a never ending line of visitors that come calling at night.

PA TA TA TA TA P

PA TA TA TA TA P

That must be the moon moths.

KACHUNK BUZZ

Rhino beetles...

BUZZ KLANK

PA TA TA TA TA P

PA TA TA TA TA P

PA TA P

PATATATAP
CLINK
CHHHH CHHHH
BING
TING
PHHNG

SKRCH
SKRCH
SKRCH
SKRCH

There isn't that much water in the streams nearby.

Nice and cool.

There are freshwater crabs as well.

Despite that, occasionally a trout from the main current will find itself up here.

Sometimes they'll scuttle across the fields.

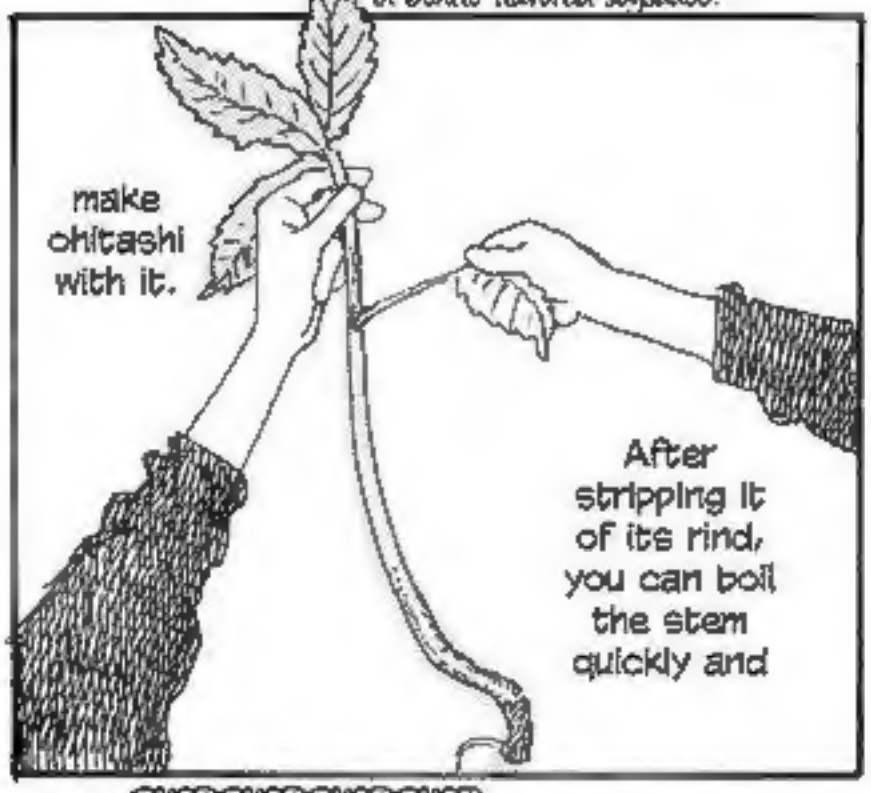
Author Note: Uwaba-miso is an edible perennial plant.

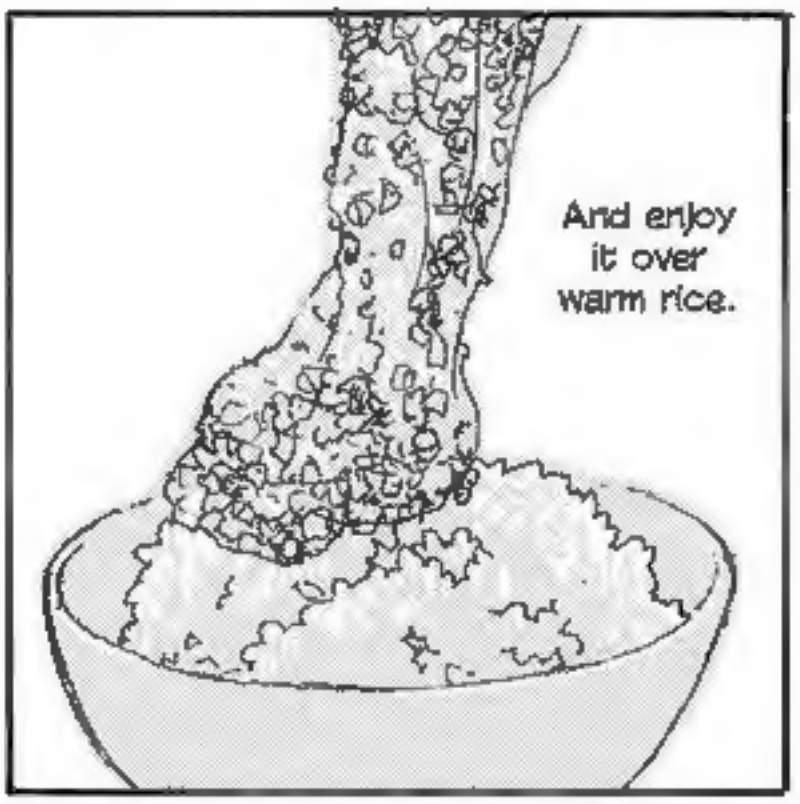
You can eat them until autumn arrives.

And finally, mizu* grows abundantly in these streams.

T/L Note: Tsukemono is Japanese pickled vegetables.

T/L Note: Ohitashi is boiled greens in bonito flavored soysauce.





CHOPCHOPCHOPCHOP
If you pound up the red part of the root with a kitchen knife and bring all that stickiness out, you get what they call "mizutororo". You can flavor it with miso or vinegar, soy sauce, and mirin.

T/L Note: Mizutororo = Grated Mizu

I eat it all the time. Way more than I eat grated yams.
I always want another bowl, even when I don't have much of an appetite because of the summer heat.

TWEETWEE TWEET TWEETWEE

SPLASH SPLASH

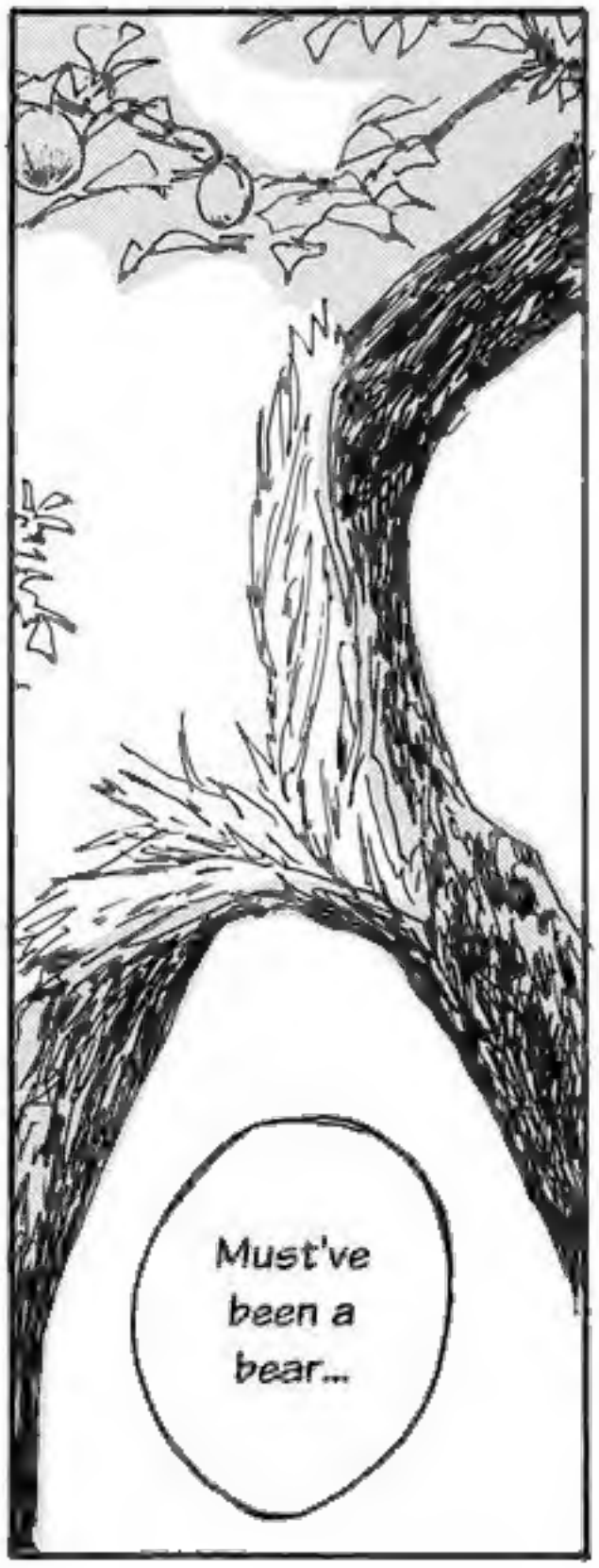
The birds of the valley are chirping.

The stream becomes a pathway for the beasts.

RUSTLE

Hey! What's going on out there!?
CRACK
CRACK
CRACK
CRACK

It must've climbed up the branches
to eat the plums.


Must've been a bear...

I'm surrounded on all sides by the stream, the forest, and the fields.

I wonder if it got injured.

rattle

And for that reason,

HOO HOO HOOT

HOO HOOT

there is a never ending line of visitors that come calling at night.

END

If you prepare mizu as ohitashi, you can eat the entire plant. But it's such a pain to remove the rind, and the areas around the leaves always have this stringiness to them, so I pretty much just always eat it grated.

Even if you quickly boil it as it is, it'll still be quite viscous, so you can mix it together with vinegar and enjoy the texture of it. It's crispy and sort of slimy and it's really good if you put some miso on it.

It flowers in autumn, so you can pickle it and store it for later.

A moon moth in the morning.

When I thought about how I would've ran straight into it if I had just continued on, I broke into a cold sweat. That was what happened the first time I came across a bear.

It stuck the tip of its nose out into the road and sniffed around a bit, and then turned itself around and ran away. From the glimpse I caught of it, I felt like it had to be at least three times as large as me.

Once when I was pushing my bike up a mountain path, I heard some sounds coming from some bushes. I thought that there might be someone there, so I paused. There it was just a few meters in front of me.